

DSM-V Cultural Formulation Resources

Previous editions of the DSM included strategies to incorporate cultural elements into diagnosis through tools to enhance clinical understanding and decision-making. These Cultural Formulation guidelines are suggestions for how clinicians should conceptualize the role of culture in patients' mental health problems. The guidelines appeared first in the pages of the DSM-IV (1994) with a list of "Culture-Bound Syndromes," that were placed in the back of the book where few practitioners would find them.

In the updated version of the DSM, there is a widespread effort to place the Cultural Formulation front and center. This is accomplished by offering a tool designed to make cultural formulation quicker and easier, the Cultural Formulation Interview, or CFI. The CFI is meant to be administered during patients' initial assessment, and consists of 14 questions.

At the link below are the CFI and supporting documents that can be integrated into the initial assessment of the individuals you are working with. The CFI and other clinical assessments are also included in the DSM-V are available online. For more information, see the link below.

<http://www.psychiatry.org/practice/dsm/dsm5/online-assessment-measures#Cultural>